

Resetting Technique

- Sit comfortably, with your spine erect and shoulders relaxed.
- Place hands on your knees palms up.
- Close your eyes.
- Imagine a blue colored tube (channel) in the center of your body, from the very bottom of your spine to the top of your head. The diameter of the tube is about one inch.
- On both sides of the blue channel, imaging two smaller tubes, which start from your nostrils, go around your brain and all the way down your body where they connect to the central larger tube. The channel on the right side of your body is white and the channel on the left side of your body is red.
- Breath in through both of your nostrils and follow the air going through side channels all the way down your body.
- The air you are breathing is fresh and crispy, with sunlight and spring breeze, and salt of the oceans, it is refreshing and nourishing, bright and radiant!
- Once the breath reaches the point of connection of all three channels, pause.. Hold the breath for as long as it is comfortable for you plus a few more moments.
- Imagine that all the blockages and impurities are accumulating in the intersection of three channels.
- Breath out, mentally pushing the air through the central blue channel forcefully all the way out of your body.
- Imagine that all the blockages and impurities get pushed out of your body through the blue channel and you see the brown cloud on top of your head, which dissolves in the air and turns into light.
- Repeat three or nine times. Once you are done, stay still for a few seconds noticing the changes in your breathing, how clear the channels are and how easy air flows through.
- Enjoy.



Floating Mountain Tea School

Series 1 - Physicality

Session 5 - The Ways to Brew Tea - how to make good tea?

FLOATING MOUNTAIN | Tea School | SS 1.5

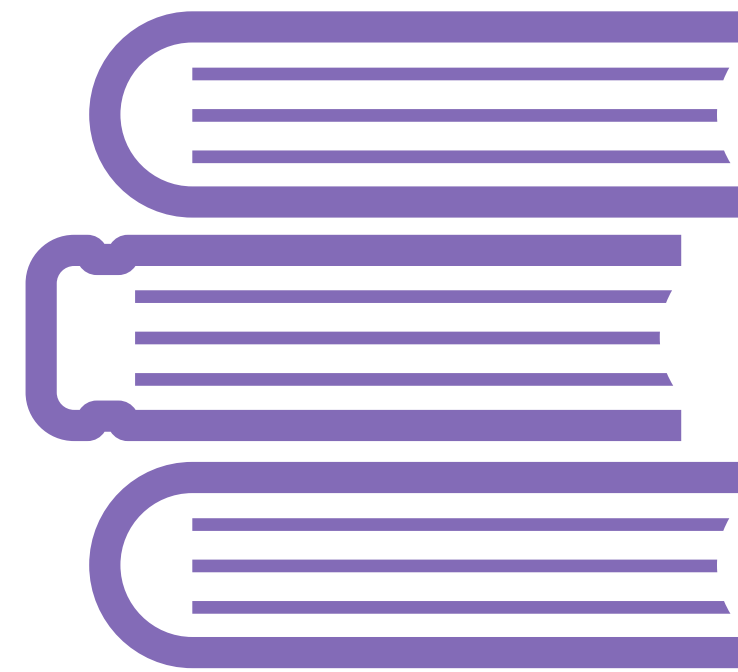


Review: Seven Essentials of Good Tea

1. Cup for Tea
2. Type of Tea
3. Vessel for Tea
4. Water for Tea
5. Kettle & Heat
6. Accessories & Tools
7. You

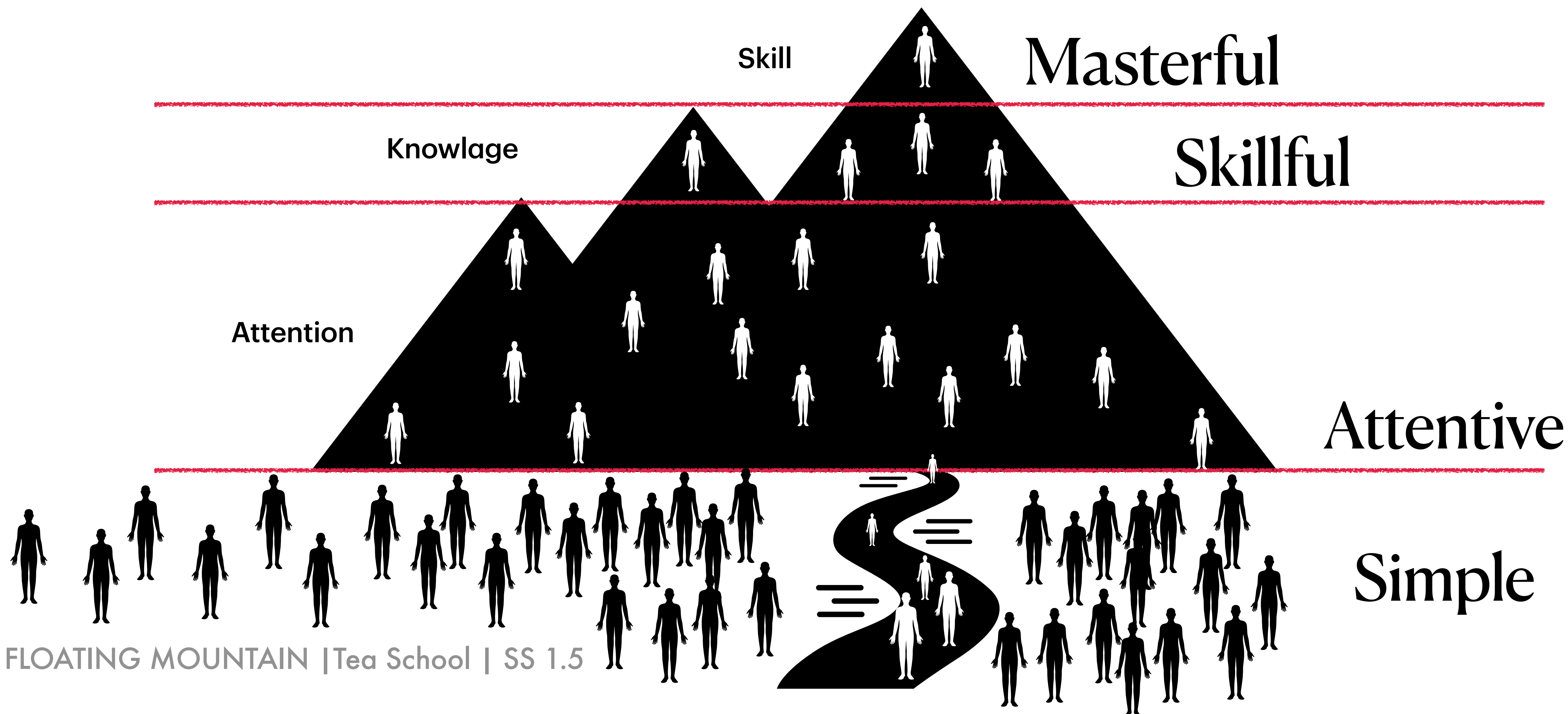


Intention for Today Class



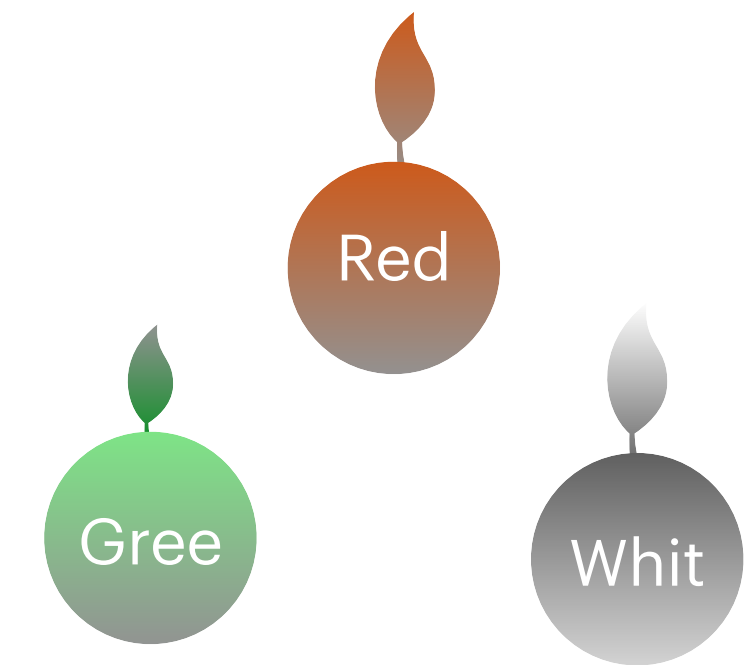
The Ways to Brew Tea

4 Levels of tea appreciation



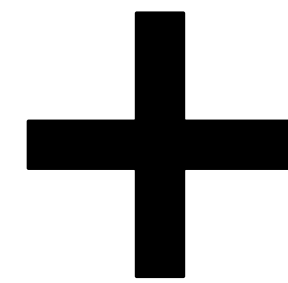
Simple Way of Brewing Tea

Who? When? What? How?



Simple => Attentive

Simple Tea with attention become Attentive tea



1. Affordable
2. Easy to make
3. Pleasant to have
4. Makes you feel good

Attentive way of Brewing Tea

What to pay attention to?

Quality

Type

Freshness

Sustainability



Type

Shape

Material



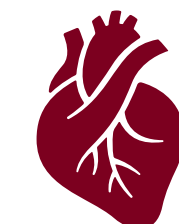
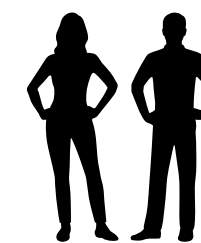
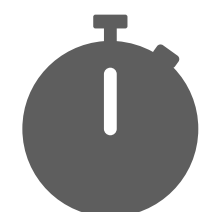
Source

Quality

Source

Temperature

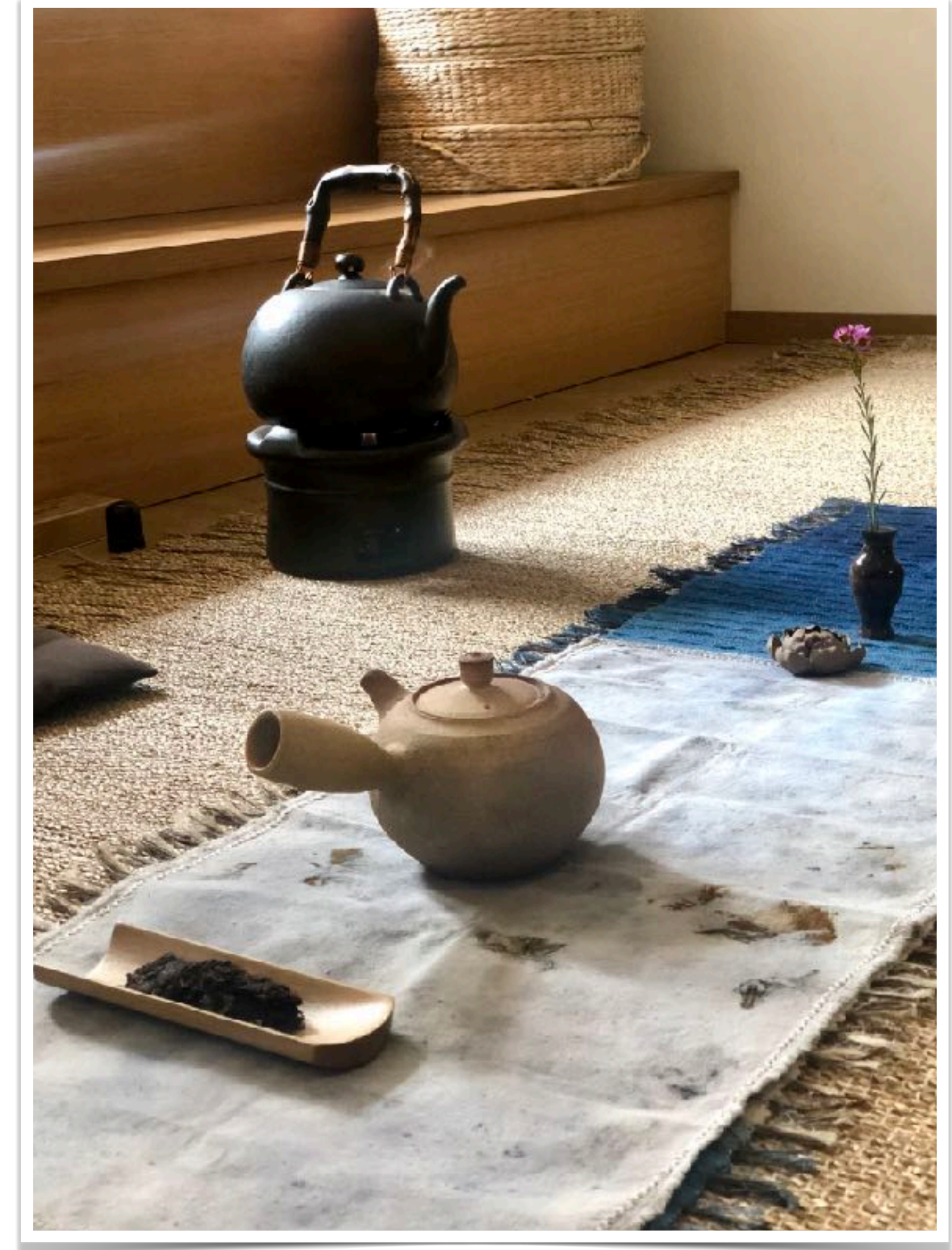
Sustainability



Skillful Way of Brewing Tea

Attention + Knowledge

7 Essentials



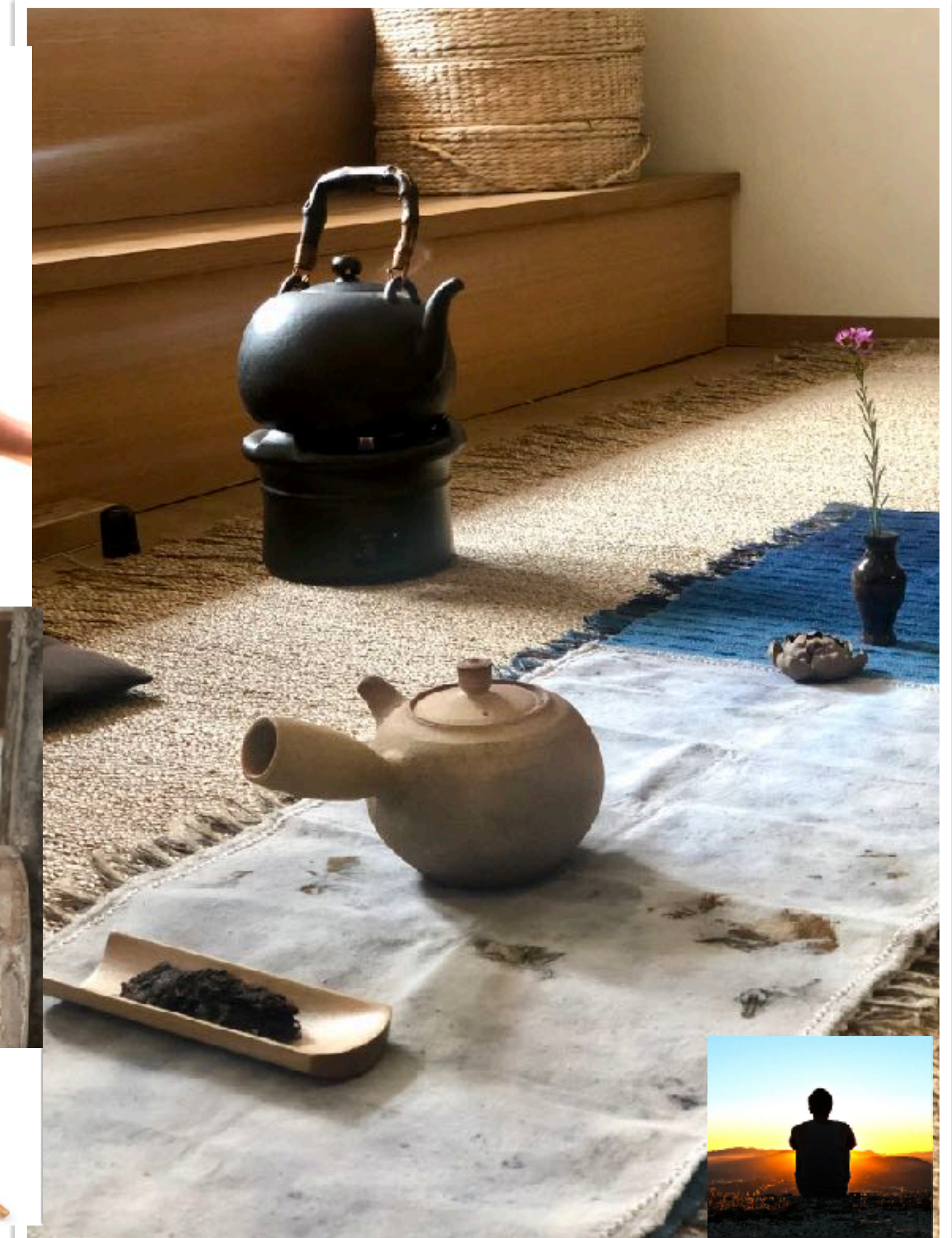
Skillful Way of Brewing Tea

Attention + Knowledge



Green

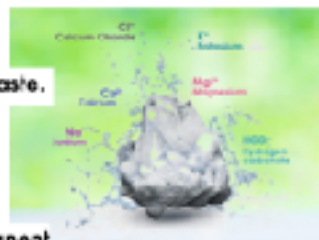
Cooling/
Uplifting
Attentional
brewing
75-82C / 167 -
180F



What water is the best for tea?

Minerals.

Too much => tinny, metallic taste.
Too little => dull taste



Hardness.

Temporary + Boiling = Permanent
Harder water => stronger, darker brew
Softer water => lighter brew



HP Level.

Alkaline water => darker tea infusion
Acidic water => lighter tea infusion

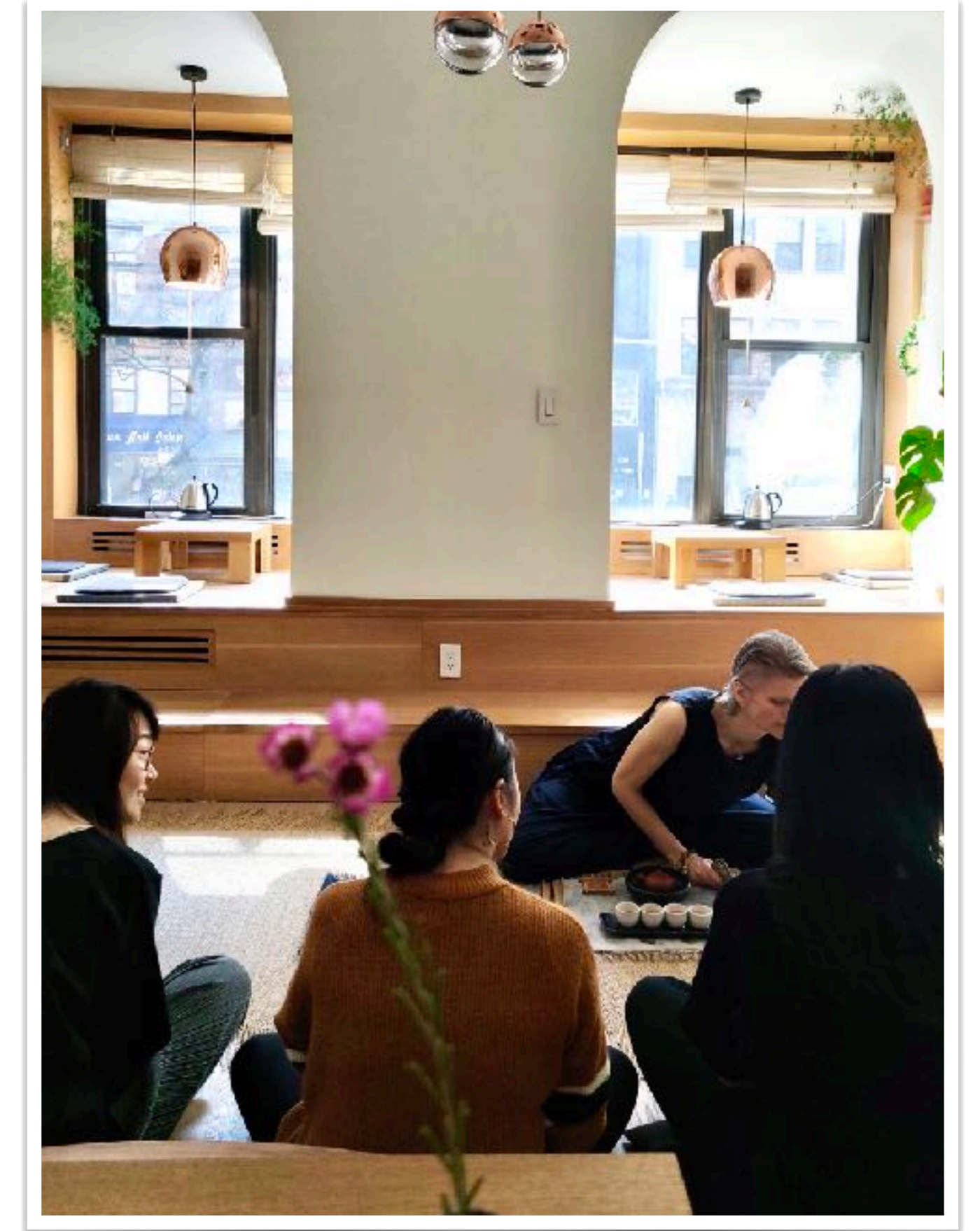
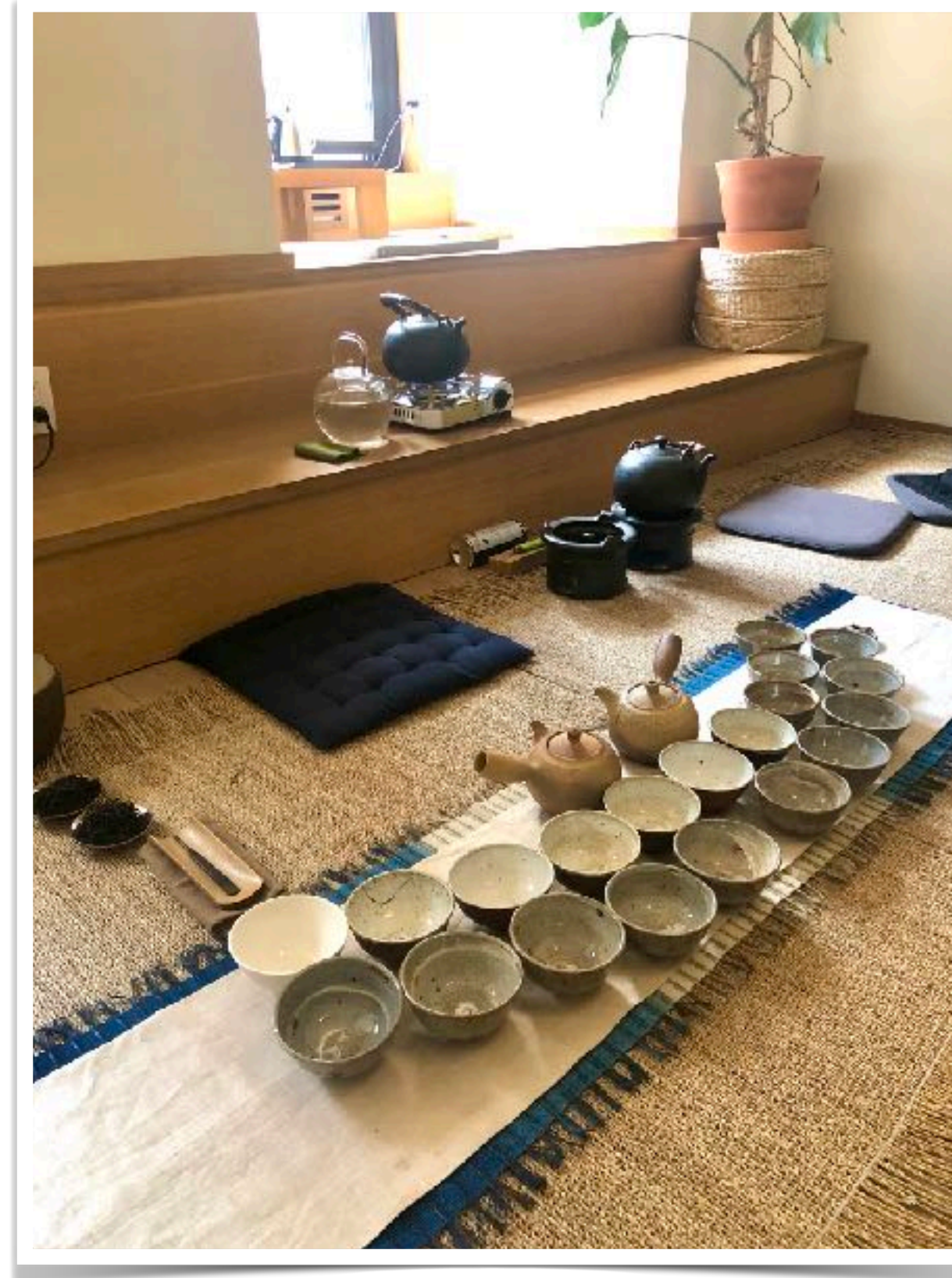


FLOATING MOUNTAIN | Tea School | SS 1.4



Gong Fu

Attention + Knowledge + Skills



Tea Brewing Tips #1

Always warm up tea pot and tea cup



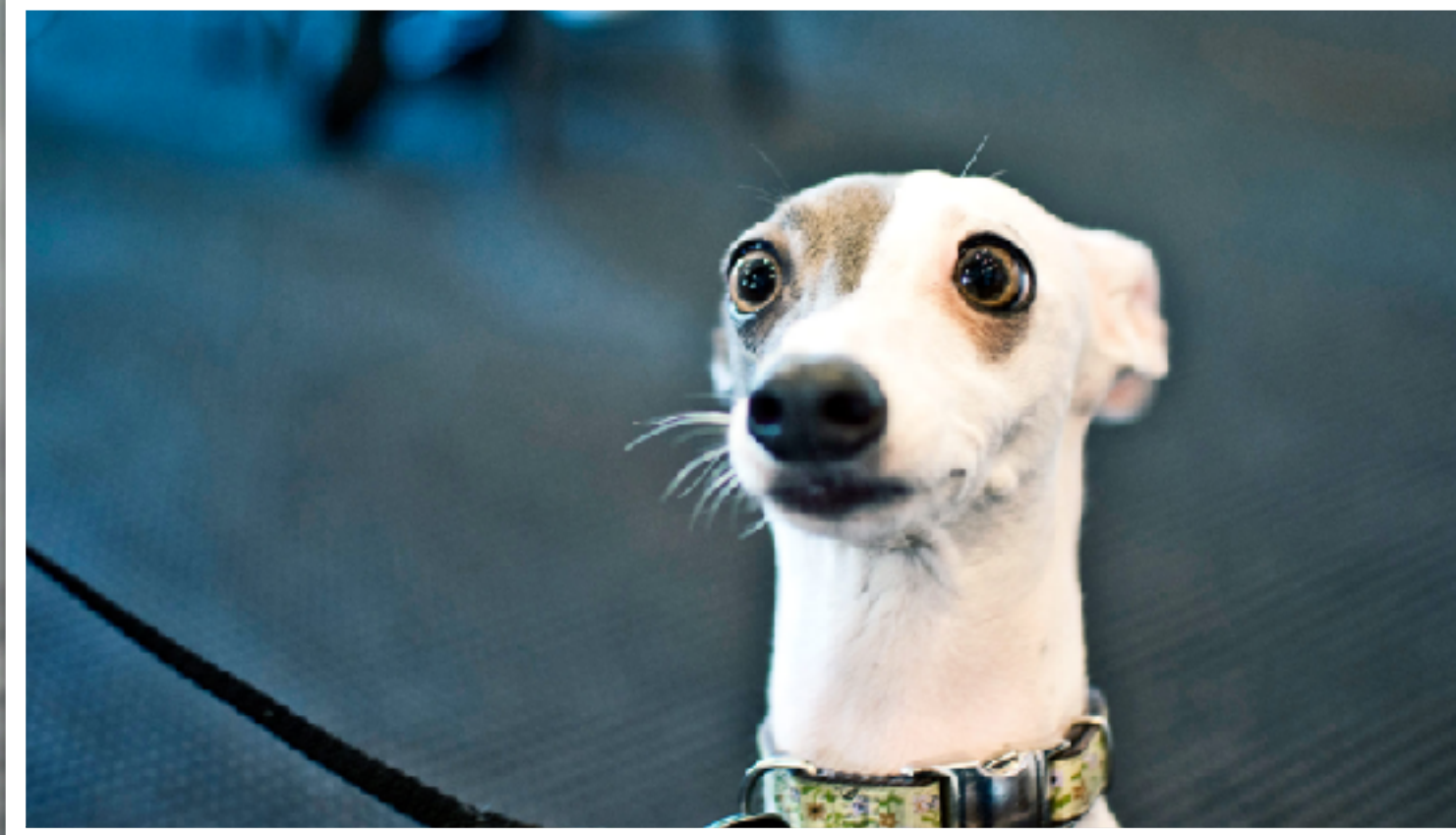
Tea Brewing Tips # 2

Never pour hot water directly on tea leaves



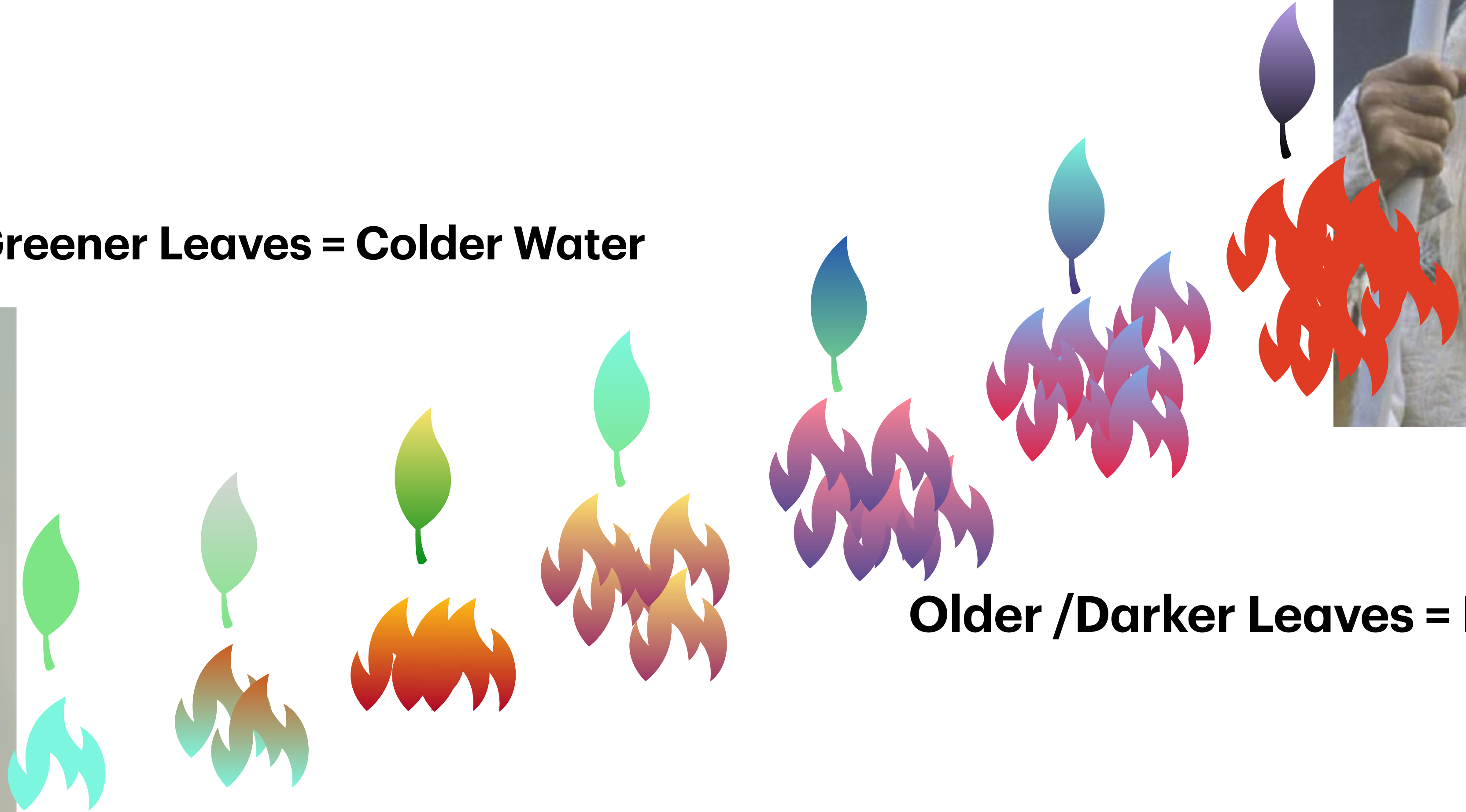
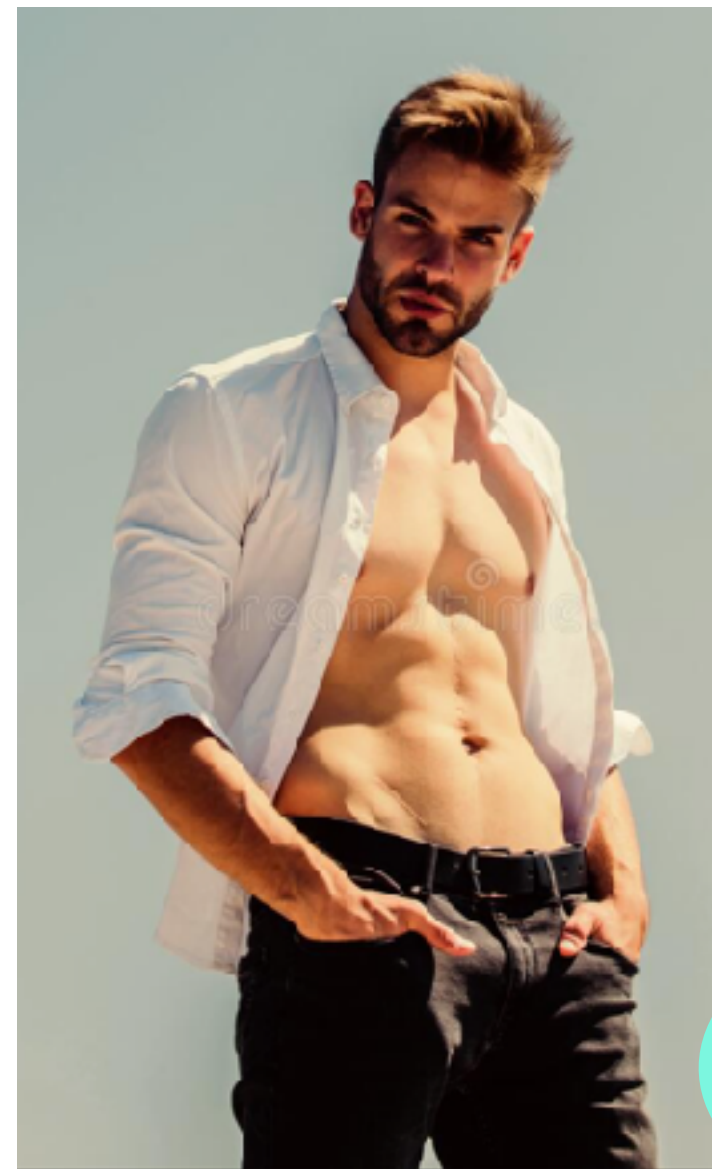
Tea Brewing Tips # 3

Wash tea leaves if:



Tea Brewing Tips # 4

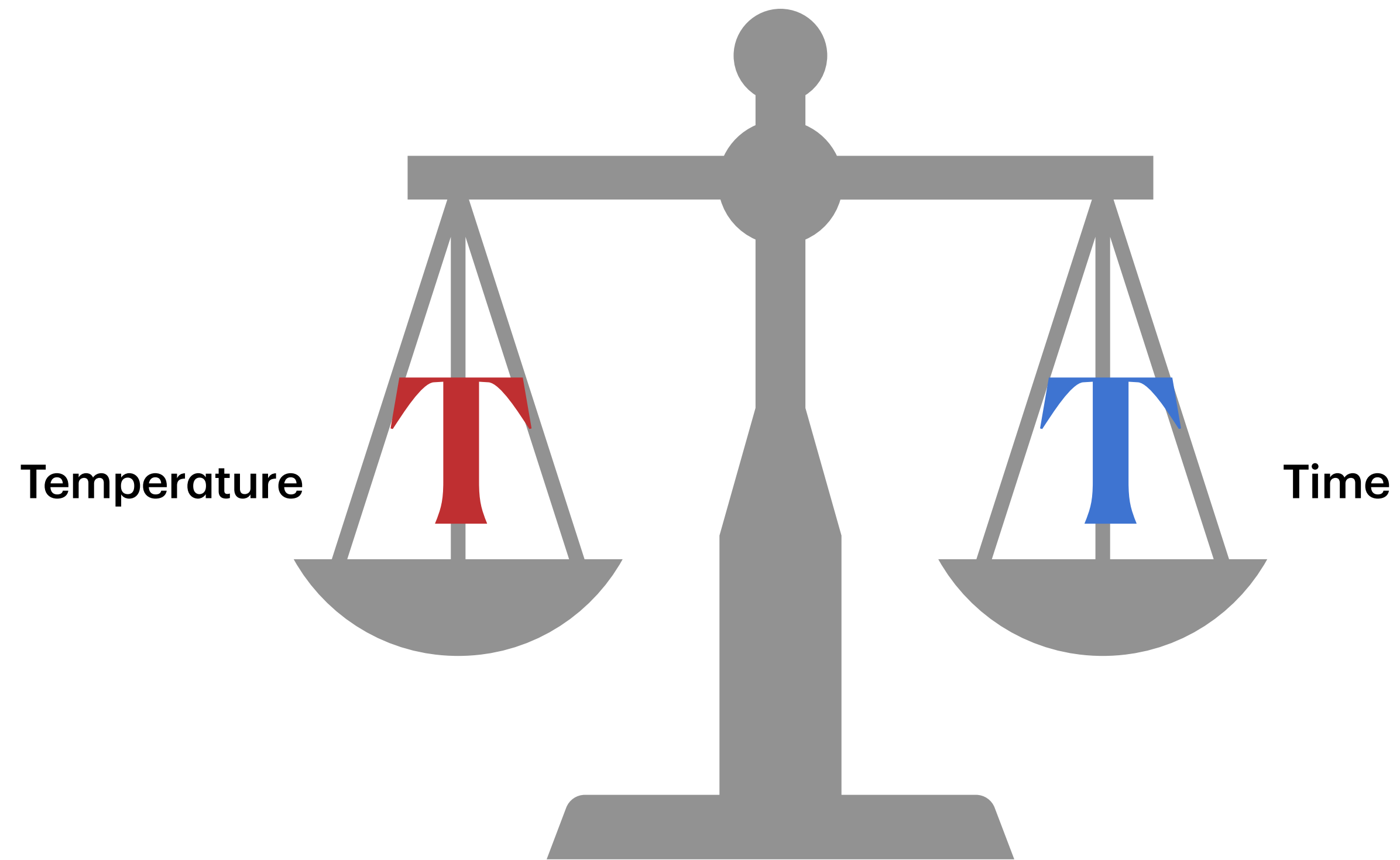
Younger /Greener Leaves = Colder Water



Older /Darker Leaves = Hotter Water

Tea Brewing Tips # 5

Always balance 2 T



When is the best time to plant a tree?



The best time was 20 years ago. The second best is now.

What are we going to talk about

Day 1 - Welcome!

Day 2 - What is so special about tea - how to find your cup of tea?

Day 3 - Main types of tea - which one is yours?

Day 4 - Seven essentials of good tea - what do you really need to make good tea?

Day 5 - The ways to brew tea - how to make good tea?

Day 6 - Six senses for the best tea experience.

Day 7 - Tea in four seasons - what to drink when?

Day 8 - How to make tea make magic for you - create your ritual.



Questions?

